



The Boxford Tornado 2024 - Final Instructions

Hi there,

The Boxford Tornado has returned and there are only a few more days to go until the event! I hope your preparation has gone well and you're in tip top condition to ride! If not – we are sure you'll have a great day anyhow.

We try hard every year to make this event as enjoyable as possible for all participants and we hope we have succeeded again this year.

Riders cycling the shorter distance will have the option of riding either Loop 1 or Loop 2. Both have similar mileage and elevation; however, Loop 1 has three significant climbs whilst Loop 2 is gently undulating.

Loop 1, 33 Miles - leaves and finishes at Boxford playing fields. After exiting the playing fields via Homefield, you will turn **RIGHT** onto Swan Street and follow the fully signed route. **This loop has more challenging climbs.**

Loop 2, 32 Miles - leaves and finishes at Boxford playing fields. After exiting the playing fields via Homefield, you will turn **LEFT** onto Swan Street and follow the fully signed route. **This loop has gentle climbs.**

Riders cycling the longer distance will start with Loop 1. Upon completion of this loop, you will continue south on Swan Street rather than turning into Homefield and follow the fully signed route. The feed station is approximately 0.5 miles into Loop 2

A post ride BBQ (a vegetarian option is available) will be awaiting all participants on their return. Riders will be issued with a token at registration which you will need to return to claim a burger.

To help the day go as smoothly as possible we ask you to read the following information carefully.

Rider details / numbers

We will be issuing all riders with a unique identification number at registration that must be displayed throughout the Tornado.

Riders declaration and disclaimer

At registration you'll be asked to agree to and sign the following declaration...and you will also be presented with your rider number and food token (please do not lose).

"I agree to abide by the British Cycling Regulations for non-competitive cycling events and understand and agree that I participate in this event entirely at my own risk, that I must rely on my own ability in dealing with all hazards, and that I must ride in a manner which is safe to myself and others. I am aware that when riding on a public highway the function of marshals is only to indicate direction and that I must decide whether any manoeuvre is safe. I agree that no liability whatsoever shall attach to the promoter, promoting club/Organisation, event sponsor, British Cycling or any event official in respect of any injury, loss or damage suffered by me in or by reason of the event however caused. I will participate in cycling events in a loyal and sporting manner. I have read and agree to abide by the above declarations".

Riders under 18

All participants under the age of 18 must submit a consent form signed by their parent/guardian. The forms will be completed and ready for you to sign at registration. Additional copies are available for download from the British Cycling website [here](#). Riders under the age of 16 must also be accompanied on the ride by a parent or guardian.

Rules for the ride

Riders are reminded that this is a non-competitive event and participate entirely at their own risk.

No responsibility can be attached to the organiser or club helpers. It is essential that road laws and the Highway Code are followed at all times, in particular stop and warning signs. At all junctions, even if marshalled, it is your responsibility to ensure it is safe to proceed.

The routes cross main roads in several places - do not take any risks at any point. You must ride respectfully and considerately to all road users. Please be aware that the route uses some minor roads which in places are in poor condition with potholes, water and surface debris.

We hope riders of all abilities and experience will take part, so please...

- CALL OUT DIRECTIONS & HAZARDS EARLY & CLEARLY.
- BE PATIENT.
- OFFER ENCOURAGEMENT, ADVICE & SUPPORT WHEN APPROPRIATE.

Although direction signs will have been put up at turn points, these may have been tampered with, so familiarise yourself with the route in advance, GPX files available from the Boxford Bike Club website to stay on course.

Lastly as a British Cycling sanctioned event you will be required to wear a helmet.

- NO HELMET - NO RIDE!

The Routes

GPX and FIT files (suitable for devices with Turn by Turn instruction) are available to download and print if needed from the Boxford Bike Club website <https://www.boxfordbikeclub.co.uk/boxfordtornado>.

Please note there will not be any printed route maps available on the day.

Car Parking

We will be using the Boxford playing fields for parking which is adjacent to the start area. A link to a map of the location can be found on the British Cycling website: [The Boxford Tornado 2024 Events - British Cycling](#) or use the postcode CO10 5PB for directions and follow the car parking signs as you enter Boxford.

If, due to wet weather conditions, the playing fields are unsuitable for parking on the day, we will place marshals on the entrance to redirect you.

Please consider car sharing or better still riding to the event to reduce the number of cars. Please allow plenty of time to park and register, **and be aware that after 9.30am access to the car park will be limited as riders are set off.**

Timings for the day

Please arrive in good time to allow time for registration. Bear in mind entrance to parking may be obstructed as riders are sent off from 9.30am onwards.

8.00am - Refreshments / Registration Opens

9.30am - 65 milers off in groups of 20 after a short safety briefing

10.00am - 32 milers off in groups of 20 after a short safety briefing

11.00am (approximately) - Riders start returning for refreshments

2.30pm (approximately) - Last riders returning for refreshments

Water / feed stop

A water/feed stop will be situated approximately 0.5 miles into Loop 2, where snacks, water refills and toilet facilities will be provided.

Rider Incident Support /Mechanical Assistance

Once again the 2024 Tornado is kindly being supported by Sunny Day Cycleworks and Buzz Power. Although we ask riders to ensure that they are, to the best of their ability, mechanically self-sufficient, in the event of a mechanical incident a mobile mechanic will be available.

Should an incident or emergency arise the event director can be reached on **07598 151763**. To help locate riders on the course we are recommending the use of the What3Words location smartphone app. Please click here for more information: <https://what3words.com/>

Mobile mechanical support will be provided by Sunny Day Cycleworks of Hadleigh
Tel. 07807 326267



Photos

Free photos of riders will be available after the event – we will send out an email to let you know where these can be viewed and downloaded and load a link on our website.

And finally...

This year we are pleased to be supporting the East Anglian Air Ambulance and hope to be able to make a generous donation from the proceeds of the event. Representatives from EAAA will join us on the day to cheer riders over the finish line. They will have collection buckets, feel free to donate generously!

And a final finally...

Members of Boxford Bike Club support Re-Cycle.

Re-Cycle works in partnership with four organisations across four different African countries, each one doing something inspiring and empowering with the bicycles we send them. All own and run bike social enterprises – this ensures that the bikes we provide can be repaired, distributed and maintained for a long time to come. The ethos behind our work is sustainability.

If you have a bike that you want to donate, check out their Bicycle Drop-Off points. This also details What Bikes are Eligible for Donation. If none of the drop-off points are convenient and you want to bring it to the Tornado then please do.

In addition to complete bikes, Re-Cycle also needs used parts, tyres, inner tubes and accessories. These are used in refurbishing bikes before they are sent to Africa. These are not accepted at the Re-Cycle Drop-Off points, although if you are local then you can take them directly to Re-Cycle HQ. Our club has made a number of donations, and all have been gratefully accepted and put to good use. Old punctured inner tubes are a great and simple donation. In Africa, a tube with 10 or more patches is still a valuable asset.

We are looking forward to welcoming you to the 11th Annual Boxford Bike Club Tornado and hope you all have a great day. Ride safe!!